

31st Fighter Wing: The U.S. Air Force's fighter wing south of the Alps

THE VIGILEER

Vol. 51 No. 44

November 25, 2005

Aviano Air Base, Italy

Fly Bys

Nurse Advice Line

Due to the telephone upgrade process, the Nurse Advice Line option at Ext. 5000 isn't working when dialed from an off-base or cellular phone. The advice line can be reached toll-free directly by dialing 800-877-660 from any phone. A registered nurse is available to provide health care advice and to guide the level of needed care. This option is available 24 hours a day, 7 days a week. For more information, call Maj. Dana James at Ext. 5558.

Season's greetings

Air Force News is video-taping squadron, unit and agency holiday greetings Dec. 5-9 for broadcast locally on AFN TV and ZFM Radio. To sign up, or for more information, call Staff Sgt. Matt Lichtenberg at Ext. 4878 or e-mail matthew.lichtenberg@aviano.af.mil.

Postal increase

The U.S. Postal Service will increase its rates effective Jan. 8, 2006. The price of stamps increases to \$.39. New rates and fees are available at usps.com/ratecase.



Photo by Staff Sgt Michael R. Holzworth

A culture of dance

Sheena Anderson of the Great Plains Dancers, a Native American dancing group from Oklahoma and Indiana, performs the ladies' fancy shawl dance. As part of Native American Heritage Month, dancers performed at the Aviano Community Center Nov. 18.

Hidden Heroes are the secret to Aviano's success

By Airman 1st Class Sarah Gregory
31st Fighter Wing Public Affairs

Like a top secret society, they have infiltrated our community. Only a lot less sinister of course. Working in every place from the Aviano Post Office to the Sacile Clinic and the base library to the elementary school, vol-

unteers help the Aviano community by sorting mail, taking blood pressures and helping students with homework.

"Volunteers are in every facility, program and organization on this base and many of these programs wouldn't be possible without

See Hidden Heroes, Page 8 —

Clinic hours: The 31st Medical Group clinic is open Saturday and Sunday for acute care only. Call Ext. 5000 to make an appointment.

31st FW Sortie Board

sortie: *n*, a flight of a combat aircraft on a mission

	Hours	Sorties
31st FW goal	911.6	613
	+723.1	+52

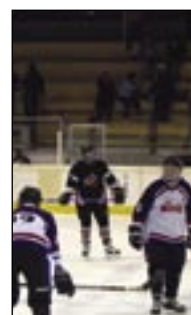
Information current as of Thursday.



MARE

The 31st Medical Group is put to the test during the Major Accident Response Exercise Nov. 16.

- Page 10-11



Lacing up

Aviano members don't have to let the cold weather keep them indoors; Aviano's Ice Dragons are looking for players.

- Page 15



Vigileer
Editorial Staff

Commander,
31st Fighter Wing
Brig. Gen.
Robert Yates

Chief, Public Affairs
Capt. Eric Elliott

NCOIC,
Internal Information
Tech. Sgt.
Jerome Baysmore

Editor
Senior Airman
Colleen Wronek

Staff writer
Airman 1st Class
Sarah Gregory

Photo support
Base Multimedia
Center

The Vigileer is published by Risma, a private firm in no way connected with the U.S. Air Force, under exclusive written contract with the 31st Fighter Wing.

This commercial enterprise Air Force newsletter is an authorized publication for members of the U.S. military services overseas. The contents of the Vigileer are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense or the Department of the Air Force. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by DoD, the Department of the Air Force or Risma of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical or mental handicap, political affiliation or any other non-merit factor of the purchaser or user or patron. The editorial content is edited, prepared and provided by the 31st FW Public Affairs office. All photographs are Air Force photographs unless otherwise indicated. The deadline for submitting information is close of business Thursday one week prior to publication. Send all information by e-mail to the Vigileer at vigileer@aviano.af.mil. Faxed articles will not be accepted at all by the staff. The public affairs office is located in Bldg. 1360, Rm. 19. The Vigileer staff can be reached at Ext. 7344.

U.S. Air Forces in Europe

Airman Information File

Mentoring is important part of Air Force

Mentoring is one of the most important things you can do during your career. As Air Force leaders, we have an inherent responsibility to develop our junior Airmen. General Creech had it right when he stated, "The first duty of any leader is to create more leaders." Mentoring is the tactical process which leads to strategic success -- another generation of outstanding Air Force leaders. Mentoring is not an easy process; it takes time and serious effort. However, shaping and preparing tomorrow's leaders is one of the most satisfying aspects of leadership.

Being an effective mentor requires significant commitment and dedication. One of the significant challenges in a mentoring partnership is the scarcity of time. In today's high tempo, expeditionary Air Force, leaders must make time to share their experiences with others. Your protégés want to learn about your experiences and hear your advice. Take a proactive approach to mentoring by making yourselves available to listen to the questions and concerns of our Airmen. Mentors, always set the example! You are always on stage and your reputation hinges on your conduct and demonstrated performance on a daily basis. Finally, an ability to teach is an essential skill of a good mentor. Leverage your wisdom and experience to guide our junior Airmen to success.

A mentoring partnership is a two-way street -- protégés also have a significant role. They must recognize their need for improvement and be willing to pursue

growth. Seeking a mentor can be intimidating; bring your courage, be bold, and contact potential leaders both in and outside your career field. Interact with them in both formal and informal settings. Don't get locked on to only one person -- find a number of mentors with varying backgrounds. Protégés must also be willing to assume responsibility. All the advice in the world is worthless unless you are willing to act. Be ready to take action after receiving and considering advice from a mentor, even if it is something hard or outside your comfort zone. Finally, protégés need to bring an established track record to a mentoring partnership. Be recognized as a leader in your field! Pursue education and seek growth opportunities -- be receptive to new ideas.

Mentoring is a challenging effort which requires a significant commitment from both the mentor and protégé. Leaders, do your part by dedicating time and effort to develop our Airmen. And Airmen, pursue mentoring partnerships and act on what you learn. Mentoring partnerships should be mutually beneficial, and your personal investment is crucial to our success. If we all do our part, our Air Force will be stronger, wiser, and better prepared to take on the next challenge and foe. Let's take our Air Force to the next level -- mentor!




General Doc Foglesong


CMSgt Gary Coleman

Combined Federal Campaign success

Congratulations to the "World's Finest" for going above and beyond to make this year's Combined Federal Campaign a resounding success! Thanks to the hard work of many Aviano members, not only did Aviano meet its CFC goal, but we exceeded the goal and did so early! This could not have been done without the hard work of our area project officers, Capt. Chris Busque, 31st Mission Support Squadron, and 1st Lt. Elena Smith, 31st Civil Engineer Squadron, as well as our unit coordinators and key personnel. All these people worked together to make sure all of the "World's Finest" took time to select a charitable organization and fill out the pledge cards. Thanks to everyone who worked on the CFC team as well as everyone who donated!

-- Lt. Col. Adrian Pone

AF sets physical training uniform wear date



Courtesy photo

The Air Force has set standards for the official physical training uniform, which is mandatory to wear beginning Oct. 1, 2006.

The Air Force Uniform Board established an Oct. 1, 2006, mandatory wear date of the physical training uniform, or PTU, for unit fitness activities.

The board also released additional guidance for Airmen wearing the uniform for personal workouts.

Airmen may wear the PTU during personal workouts given the following conditions:

- T-shirts may be worn out or tucked in.
- Jackets may be zipped, unzipped and worn with civilian clothes.
- Black or navy blue leggings or stretch shorts may be worn under the uniform shorts.
- White socks of any length and small conservative trademarks are authorized.
- Any athletic shoes may be worn.
- Safety items such as reflective belts, camelbacks and fanny packs are authorized.
- Hats or knit caps are authorized provided they meet military image requirements.
- Headphones are still authorized. At Aviano headphones are authorized only in the fitness centers and when using the Dragon Fitness Center's track.
- Bandanas and other similar head

scarves are not authorized unless Airmen have a medical waiver.

- Saluting is not required.

All Airmen must comply with all tattoo and jewelry standards as stated in Air Force Instruction 36-2903, Dress and Personal Appearance of Air Force Personnel.

Female Airmen exercising in the PTU may wear their hair free of pins or other accessories normally required to meet mandated uniform standards.

There is no mandated maternity uniform while participating in formations or unit activities.

The Air Force created the PTU to support unit cohesion and present a professional, standardized image.

Commanders will determine what uniform items, such as jacket, pants, shorts and T-shirt, Airmen will wear during unit fitness events.

The uniform board is working on optional items including a long-sleeve shirt, sweatshirt and another style of running shorts.

For more information, Airmen should contact their squadron commander's support staff, military personnel flight or personnel office at deployed locations.

(Courtesy of Air Force Personnel Center News Service)

Air Force Link: For the latest Air Force print and television news and for other information visit www.af.mil.

AF portal modernizes with new look, upgrades

**By Senior Airman
J.G. Buzanowski
Air Force Print News**

Users who sign on to the Air Force Portal will find an improved system that not only looks better, but is more user-friendly and effective.

The redesign is the first in two years.

The portal is meant to be the one place Airmen go to accomplish anything they do online. That is whether it's part of their job, like ordering replacement parts, or form processing, like when they go on leave.

"We want the Air Force Portal to be the first stop for doing work on the Internet in the Air Force. And we also want it to be easy to

use," said Maj. David Gindhart, one of the program overseers.

The major said, "We gathered a lot of feedback and did some user testing. As a result, we made the Air Force Portal better, allowing people to find more of what they need faster."

In addition, the portal got a new color scheme and the upgraded search engine is more effective. The goal was to make the portal similar to commercial Internet search sites, but still maintain the Air Force feel, Major Gindhart said.

"Some things that were redundant or confusing were streamlined, like separate tabs for 'My Base' and 'My Organization,'" the major said. "Now when people log

onto the portal, they'll find drop-down menus that have what they're looking for."

Users can customize the portal so they can have the information and links they use on a regular basis always in the same location, called workspace.

One of the portal's most popular features is the Air Force instant messenger system. It allows for real-time chat between people who are collaborating on a project or just keeping in touch. The program is especially useful for deployed troops, Major Gindhart said.

"Anyone with an AF Portal account can designate up to five people to be able to log into the instant messaging system," he said.

"It's a great way for family and friends to chat with the servicemember."

The chat program is one of the areas Major Gindhart hopes to improve.

"We're working on adding voice capability, so people who are deployed can even talk to their loved ones back home," Major Gindhart said.

The major encourages people to send feedback to the portal team. To find out more about improvements, there are links on the main page, downloadable instruction files and even a video.

"I highly encourage folks to check out the video," Major Gindhart said. "It gives a great overview of the changes and the new features."

Online process simplifies tuition assistance

Whether it's for taking that first college class or continuing with a degree program, Aviano members requesting tuition assistance can now process requests online.

All Aviano active duty Air Force members may now apply for online TA for all college course registrations.

The Air Force Virtual Education Center can be accessed through the Air Force Portal at www.my.af.mil. Once at the AFVEC site, students should click on "Apply for TA" under self-service applications.

In order to have an application approved, it's important to make sure all information is entered correctly.

First, ensure all personal data is complete and updated. If any information is missing, online TA won't be accessible. People can update portions of the information annotated with small blue arrows. If online TA continues to be denied after making necessary updates, call the education center.



Hitting the books is easier with the Air Force's online tuition assistance application.

Before applying for online TA people need to know the following information:

School name, course code, course title, start date, end date, location of course, quarter hours or semester hours, cost per hour and number of semester hours. The course code should not have any spaces or symbols in it.

If the information is unknown, applicants will need to request it from the college they plan to attend.

All online TA requests are sent to the education center for the approval process. The education center reviews students' education records and online TA request and then approves or disapproves it. In either case, the applicant usually receives an e-mail within 48 hours. Upon TA approval, students will need to access AFVEC again to print out the TA document. All signatures are electronically generated.

It's important to note that it's the student's responsibility to properly register with the college by providing the approved TA document. Students can bring the online TA document on the first day of registration or e-mail it to the school.

Approved TAs can be e-mailed directly to the college from the printer page with the following commands; File, Send, Page by e-mail.

Call the Aviano Education Center at Ext. 5300 for more information. (*Courtesy of 31st Fighter Wing Public Affairs*)

Education: Visit the Aviano Education Center in Bldg. 186, Area One to learn about ongoing registration for the winter semester.

Get the lead out: Safe drinking water tips

**By Staff Sgt.
Stela Striligas
31st Aerospace
Medicine Squadron**

Aviano recently completed another round of drinking water sampling for lead in October. This semi-annual sampling event is required by the Italian Final Governing Standards, similar to the Environmental Protection Agency Safe Drinking Water Act in the U.S., as part of the federal Safe Drinking Water Program.

A total of 40 samples were collected from all Aviano military areas. The results indicate all areas are in full compliance with standards.

While the overall results are reassuring, historically water drinking results for Aviano and local surrounding areas indicate the potential for lead still exists from old faucets and fixtures that may still leach a small amount of lead.

For this reason, it's prudent for people to know about lead contamination, why lead is a cause for concern, how it enters the water, and, most importantly, precautions to take that can protect against lead in on and off base water.

Lead is a common metal used in many consumer products. It can be found in lead-based paint, air, soil, household dust, food, some types of pottery and water. If it is inhaled or swallowed, lead can build up in your body over time.

Infants, children, and pregnant women are especially vulnerable.

Amounts of lead that won't hurt an adult can be very harmful to a child. Smaller bodies can absorb lead more rapidly than bigger ones. A child's mental and physical growth can be permanently harmed by too much lead.

Lead in the water can be a problem for infants, whose diets may be mostly

liquids mixed with water, such as baby formulas or concentrated juices.

Usually lead gets into water after it leaves a treatment plant. Water can absorb lead from lead pipes or solder in household plumbing as well as from brass fixtures. The longer the water stands idle in the pipes, the more lead it can absorb.

Don't immediately drink or cook with water that has been in plumbing for more than six hours overnight or while away at work.

Instead, clear the water out of pipes by letting the cold water faucet run until the water gets colder, usually 30 to 60 seconds. Do this before taking drinking water from any faucet in the house.

Bioenvironmental Engineering has determined that letting the water run for one minute will reduce lead to acceptable levels in most circumstances.

The water cleared from the faucet doesn't have to be wasted. It can be used for washing dishes or watering plants. It's also a good idea to keep a container of drinking water in the refrigerator.

Hot water dissolves lead more quickly than cold water; so don't use water from the hot water faucet for cooking or drinking. If hot water is needed, take water from the cold tap and heat it. It's especially important not to use the hot water for making baby formula.

Some treatment devices can reduce the amount of lead in drinking water. Reverse-osmosis and distillation units can be used. A few types of water filters also remove lead. Check the product literature to be sure the National Sanitation Foundation for lead removal has certified it.

For more information, call Bioenvironmental Engineering at Ext. 5532.

Aviano Base Exchange to get new spa-ahhh

By Airman 1st Class
Sarah Gregory
31st Fighter Wing
Public Affairs

Aviano members will soon have a new way to relax and get a little pampering. A spa offering manicures, pedicures and massage services is coming to the base exchange mall in Area F.

"Right now, we are estimating to award the contract and have the work completed in the late spring of 2006," said Gino Rakas, services business manager for Army Air Force Exchange Services. "The spa will be located where the gift shop is currently located. The existing space will be modified to accommodate three massage rooms, two pedicure and two manicure stations."

The cost of construction and equipment for the new spa, estimated at \$120,000 will be covered by earnings generated from AAFES.

Mr. Rakas said the idea of a spa was based on feedback provided by AAFES European regional headquarters.



The new spa will offer manicure, pedicure and massage services.

"The program is very successful in all of our European exchanges. We believe that this addition will have a positive impact on the quality of life of our Aviano community," he said.

In addition to the new spa, the entire BX mall is being spruced up with a new look.

"There are lots of exciting things happening here. All of our facilities will receive a face lift," said Mr. Rakas. "In fact, we are going to implement the Services identity standards in all of our con-

cessions. The new look will be completed in all of our concession facilities worldwide within the next five years and will be our concession trademark."

Aviano customers are asked to be patient while construction is underway.

"There may be some inconveniences due to the relocations and the construction, but the end result will be worth it," said Mr. Rakas.

Relocations

The Aviano Base Exchange mall is relocating some facilities:

The one-hour photo shop is moving into part of the old Bookmark.

The gift shop will also relocate to the old Bookmark.

The Gold Point is moving to the cell phone and flower space.

The flower shop will move to the One Hour Photo.

Festival: The La Bella Vista Club Annual Winter Festival Night has moved to 6 p.m. Thursday after the base tree lighting ceremony.

Hidden Heroes, from page 1

them," said Kristy Lanham, Family Support Center volunteer coordinator.

In order to recognize volunteers for their support, U.S. Air Forces in Europe has created the new Hidden Heroes program Web site.

"The Web site connects people with available volunteer opportunities and keeps track of volunteer hours," explained Mrs. Lanham.

Web site users are required to register and log their volunteer hours on a weekly basis. Although some volunteers don't volunteer for the recognition, Mrs. Lanham said keeping track of their hours helps when budgeting for community programs and events.

"In only two weeks we've had 2,000 volunteers register," said Mrs. Lanham. "We're grateful for our volunteers and, although logging in hours may seem like a nuisance, it makes a difference to the wing and to Aviano."

Logging hours is a simple process and only takes a few minutes.

"Logging hours is easy; three clicks and you're done," said Mrs. Lanham. "In addition, the Web site keeps track of every volunteer position someone has held or filled so it comes in handy when writing EPRs."

Each squadron has a hidden hero representative who keeps the Family Support Center informed about volunteer opportunities.

"Representatives simply have to call or e-mail us with their available volunteer positions and we post them on the site for everyone to view," said Mrs. Lanham. "If a volunteer is interested in a position, the contact information is listed right there."



Photo by Airman Nathan Doza

Mixing things up

"The Next Big Thing" Battle of the DJs winner, Da Soul Man, spins records for the crowd and the judges at the Aviano Community Center Nov. 11.

Many of the volunteer positions are similar to 9-to-5 jobs.

"We have a lot of opportunities for spouses who want to work but may not be interested in full-time positions or who haven't been able to find work. This gives them the chance to get involved with something they are already interested in," said Mrs. Lanham.

To view volunteer opportunities or to register to volunteer, visit <https://www.mil.usafe.af.mil/hiddenheroes/index.htm>.

31st MDG tests its response during MARE



Photos by Tech. Sgt. Randy Mallard

A member of the 31st Medical Group instructs all medical personnel to evacuate the immediate area after an explosive device is found near a casualty during a Major Accident Response Exercise Nov. 16. The 31st Medical Group conducted the MARE in Area Two to test its ability to handle mass casualties and chemical exposure victims.



Maj. Renee Carlson, 31st Dental Squadron, responds as members of the 31st Medical Group respond to a simulated chemical attack.



Above: Maj. Gabriel Zimmerer, 31st Medical Operations Squadron, evaluates a "critically injured" patient. Part of the MARE scenario included a simulated car bomb explosion at the Area Two gate.



Left: Members of the 31st Medical Group get into Mission Oriented Protective Posture level four when they are informed of possible chemical contamination. During the MARE, the scenario simulated a backpack releasing a mist, which was later identified as a "nerve agent."



Above: 31st Medical Group personnel prepare to transport Senior Airman Sabrina McEvoy, 31st MDOS, to the medical clinic after a simulated chemical attack and car bomb explosion. Twenty-one volunteers within the medical group participated in the internal exercise that tested the group's capabilities.



Left: Staff Sgt. Tanganyika Lauderdale, 31st MDOS, writes down information on a "critically injured" patient. The exercise gave medics hands-on training for signs, symptoms and treatments of various ailments.

Flybys: Community Information at a Glance

Perimeter Road

A small section of the Area F perimeter road adjacent to Bldg. 1036 is closed Monday through Wednesday for the installation of a utility line. Traffic will be detoured around the closure. Dates are subject to change due to weather. Call Tech. Sgt. Daniel Peterson at Ext. 6022 with any questions or concerns.

Parking lot closed

The hangar row parking lot is under construction beginning Monday through Jan. 28. The parking lots will be done in halves to provide parking. People must not park their cars in the construction area. Dates are subject to change due to weather. For more information, call Ext. 6018.

Limited parking

The parking in front of Hangar Three is unavailable from Monday through Dec. 19 due to the installation of an irrigation system. For more information, call Ext. 5770.

FTAC team leader

The First Term Airmen

Center is looking for a highly motivated senior airman or staff sergeant to serve as a team leader for 120 days beginning Thursday. Senior airmen must be ALS graduates. Team leaders transition Airmen from a training to a mission-oriented environment and play a visible role in the day-to-day operations of the FTAC. It's desirable but not mandatory to have knowledge in computer applications such as Word, Excel, Access and Power Point. Applicants must have supervisor and squadron approval to be released. For more information, call Tech. Sgt. Victoriano Rodriguez at Ext. 5402.

Holiday cards

Celebrate the holiday season by decorating a holiday card made of plywood. Cards will be displayed for the base to see and the best cards will receive cash prizes. Cards must be completed by Wednesday so winners can be announced Thursday during the wing tree lighting ceremony. Supplies and equipment are available at the Self Help

Store at Ext. 5711. Interested squadrons, organizations, or individuals should call Brian Colonna at Ext. 5960.

Thrift shop

The Aviano Thrift Shop has a large selection of holiday decorations and winter clothing for sale. The thrift shop is open 10 a.m. to 4 p.m. Tuesdays and Wednesdays. Items can also be consigned from 10 a.m. to 1 p.m. For information, call Ext. 5428.

Christmas Carol

The Aviano Community Theater and the Aviano High School Drama Club presents "A Christmas Carol: The Musical." Show times are 7 p.m. Dec. 2, 3, 9 and 10 and 2 p.m. Dec. 4 and 11. Tickets are \$5 for students, \$8 for adults and \$25 for families of four and must be purchased at the door. For more information, call Ext. 5076.

Christmas trees

The Aviano Boy Scouts are selling Christmas trees in front of the commissary 8 a.m. to 4 p.m. Dec. 3-4, Dec. 10-11 and Dec. 17-18. The trees cost \$30 for a small, \$40 for a medium and \$50 for a large tree.

Chapel changes

The 1 p.m. gospel service is moving to the base theater Dec. 4. The service time will change to 10 a.m. Beginning Sunday, the Protestant Sunday School changes to 8:30 to 9:30 a.m. in Bldg. 168 and the 8 a.m. Mass changes to 8:30 a.m. and will move to the Italian Chapel in Area F. For more information, call Ext. 5211.

Piazza construction

Construction on the post office piazza to install new landscaping and a fountain begins Dec. 5 through January 2006. The area will be off limits during this time. Call the project manager, Sandra Redolfi-Fagara, at Ext. 5758 for more information.

Christmas Cottage

The Aviano Officers Civilians Spouses' Club hosts a Christmas Cottage from 3 to

7 p.m. Dec. 5-6 at the Community Center. At the Christmas Cottage, children choose gifts provided by the AOCSC for their parents. The cost is \$.50 per child and those attending must bring a snack to share. For more information, e-mail Holli Thomson at hollithomson@yahoo.com.

Assertiveness

Aviano's Family Support Center is hosting assertiveness communication training from 3 to 4:30 p.m. Dec. 13. The training teaches people how to express needs, thoughts and feelings without violating the rights of others and teaches how to take risks by speaking honestly. To register, call Ext. 5407.

POV inspections

The 31st Logistics Readiness Squadron POV Inspections office is offering winter vehicle safety inspections for all U.S. ID card holders through mid-December at the POV inspection station, Bldg. 43 in the Aviano Industrial Area. The POV Inspections office is open from 7:30 a.m. to 4:30 p.m. Mondays through Fridays and is closed on holidays and down days. For more information, call Ext. 4458.

Homework club

The Aviano Elementary School Homework Club seeks volunteers to help students with homework, special projects, research and reading. The club meets from 2:45 to 3:45 p.m. Tuesdays and Thursdays and is open to students in first through fifth grades. To volunteer or for more information, contact Karen Borkowski at Karen.Borkowski@eu.dodea.edu or call 0434-30-5677.

Combat Education

Embry-Riddle Aeronautical University offers a series of six courses to prepare students for the airframe and powerplant written, oral and practical exams. Embry-Riddle will pay all fees covering the exams upon completions. Class begins Dec. 5 and lasts two weeks. For more information, call Ext. 5140.

Reel Times

Today, 5 p.m. - "Just Like Heaven" Rated PG-13 - A man falls in love with a female spirit he encounters in his home. The woman whose ghost he's swooning over has been in a coma for months and unless he does something, she'll be taken off life support. Starring: Reese Witherspoon, Mark Ruffalo

Today, 8 p.m. - "Cry Wolf" Rated PG-13 - The Liars' Club has spread a rumor on a serial killer called "The Wolf." When the group's members start disappearing the group is no longer able to determine where the lies end and the truth begins. Starring: Julian Morris, Lindy Booth

Saturday, 2 p.m. - "Roll Bounce" Rated PG-13 - A boy and his friends are shocked when their roller rink hangout goes out of business. Starring: Bow Wow, Chi McBride

Saturday, 7 p.m. - "Two for the Money" Rated R - A college football player blows out his knee, forcing him to choose a new profession. Starring: Al Pacino, Rene Russo

Sunday, 7 p.m. - "Into the Blue" Rated PG-13 - When four divers discover a shipwreck, they make a pact to keep quiet about their discovery. Starring: Paul Walker, Jessica Alba

Wednesday, 7 p.m. - "Two for the Money" Rated R

Thursday, 7 p.m. - "Cry Wolf" Rated PG-13
(Titles and times are courtesy of www.aafes.com, and are subject to change.)

Fly Bys

Local area events

Today - In Udine, the Santa Caterina Fair located in the Piazza Primo Maggio.

Now through Dec. 10 - In Sarmede, near Vittorio Veneto, an exhibition of drawings for kids by artists from all over the world. Street theater displays are Sunday and Dec. 4.

Now through Sunday - Chocolate in the Villas in Venice. Events include "The Pralines of the Young Goethe" Saturday and "Sweet Planet of Chocolate" through Sunday. For more information, visit www.turismovenetia.it. The site has an English version button at the top.

Now through Sunday - Chocolate festival in Gradisca D'Isonzo. For more information, visit www.chocofest.it. The site is in Italian.

Now through Sunday - Science fiction festival in Trieste. For more information, visit www.scienceplucfiction.org. The site is in Italian.

Through Monday - Christmas market in downtown Trieste. For more information, visit www.fierte.trieste.it.

Travel tips - Project SMART

- Avoid talking about religion or politics with strangers. If a person ever approaches you with the intent to start such a discussion, ignore him or her and walk away.

- Leave a copy of itinerary with family or friends in case of an emergency.

- Become familiar with local laws and customs of the countries you are visiting.

- Avoid carrying handbags and fanny packs; they are easy targets for theft.

Traveling on a budget: Hostel territory

By 1st Lt. Robb Granado and
1st Lt. Travis Authier
31st Contracting Squadron

Money is a limiting factor for some people when it comes to traveling. Some say they can't afford to visit the locations they want to while in Europe.

Perhaps the most expensive portion of traveling is lodging, but it doesn't have to be that way. Hostel accommodations can be an inexpensive way to enjoy traveling.

The word 'hostel' doesn't inspire warm feelings but, with a little research and experience, people can turn saved money into sightseeing opportunities.

Depending on the city, travelers can expect to pay anywhere from €7-€26 a night per person at a hostel. That's compared to €80 minimum for a hotel in most of Europe's cities. Besides being inexpensive, a good hostel is the place to meet travelers from all over the world and a fantastic starting point for most tours of the city you're in.

Depending on the hostel, people may be lodged in a private room or in a dorm-styled room with other travelers. In some cases, travelers may be required to bring their own towel; check ahead to be sure. Bathrooms are often shared between rooms and may or may not be divided by gender. People who are shy can look for a private room with two or three beds. It costs a bit more, but if privacy is the goal then that's the way to go.

Travelers who want to meet folks from all over the world should go with the dorm style and get a bigger price break.

Some good hostels to meet people are The Flying Pig in Amsterdam, Wombat's in Munich/Vienna, and the Funny-Farm in



Photo by Staff Sgt. Bethann Caporaletti

Sometimes the cheapest way to experience a faraway European city, like Prague, Czech Republic, is to stay at a hostel.

Interlaken, Switzerland.

The key to a quality hostel experience is researching prior to setting out. Web sites such as hostelworld.com and europes-famoushostels.com are excellent resources. The great thing about these sites is each hostel is rated by the people that stay in them. Read these ratings carefully and it should be obvious which spots are happening.

(Lieutenants Granado and Authier are Project CHEER POCs)

Travel Web site: Americans with travel plans should visit <http://travel.state.gov> to get the latest travel advisories in Europe.



Photo by Airman 1st Class Jason Gregory

Trieste is home to the Miramare Castle which sits on a cliff overlooking the Adriatic Sea.

Information, Tickets and Tours

Upcoming tours from the Information, Tickets and Travel office include:

- Saturday - Guided Salzburg and Christmas Markets

- Saturday - Guided Venice with gondola ride

- Saturday - Guided Verona

- Dec. 3 - Guided San Marino

- Dec. 3 - Christmas Market in Vienna, Austria

- Dec. 3 - Guided Trieste; Castles Dui-

no and Miramare and Christmas market.

- Dec. 10 - Christmas market in Bolzano and Ice Man Museum

- Dec 10 - Guided Florence

ITT escorts ensure the group arrives and departs from the destination as scheduled and will do everything possible to make the trip safe and comfortable.

Escorts also provide general information about the area. Call Ext. 5072 or 5026, for more information.

Ice Dragons seek hockey players

By Senior Airman Colleen Wronek
31st Fighter Wing
Public Affairs

Hockey players searching for a team need look no further.

Aviano has an active hockey team that practices often and competes in tournaments throughout Europe.

"We practice with a group of Italians who have their own team," said Scott Bolster, Aviano Ice Dragons goalie and 31st Operations Support Squadron air traffic controller.

"When I arrived here from the states where hockey was everywhere I wasn't expecting the level of play with the Italians here," he said. "When you think of Italy, you don't think of hockey. These guys we practice with are better than what most people find if they were playing against some league in the states. A couple of the Italians we play against even played pro hockey for Italian teams."

William Bach, Ice Dragons center, has been playing hockey since he was four and says the Italians they play with are top-notch. "When we practice, it reminds me of when I was younger playing with North Dakota, Minnesota and Canadian hockey players," the 31st OSS control tower watch supervisor



Courtesy photo

Aviano Ice Dragon members move in for a face-off against the Mildenhall Warbirds at a 2004 tournament.

said. "There are some very good players, the sportsmanship is great and we are all there to have fun. You'll meet many players from all different countries sharing the same love for hockey."

The team goes to several tournaments throughout the season, which runs from October through March.

"Being on an Air Force hockey team means there are some opportunities to take permissive temporary duty, representing Aviano at different locations throughout Europe," Bach said. "Additionally, playing in a very high-level endurance sport, you should have no problem passing the PT test."

The team practices in

Claut, Italy, which is about a 30-minute drive and the rink also has its own locker room to store equipment.

The team has its own uniforms, but players have to provide their own equipment.

The Aviano Ice Dragons hockey team meets Tuesdays and Thursdays and will take new applicants at any skill level throughout the season.

"We practice and play at competitive levels so no matter your skill level, if you play for the Ice Dragons, you should improve," Bolster said.

For more information, or to join the team, contact Bolster at Ext. 7446 or Andy Ewert at Ext. 5004.

Fly Bys

AHS winners

The Aviano High School women's volleyball team won the European Volleyball Championship Nov. 5 in Ramstein, Germany. The Saints capped a perfect 19-0 season with a win over Black Forest Academy, 3-0.

The team dominated the tournament and placed three members on the eight-player, all-tournament team: Sandra Shipton, Lindsey Jackson and MVP Jessica Corder.

The latest championship is the second in a row for the Aviano Saints and caps a run of six consecutive conference championships as well as a five-year, 78-match winning streak against conference opponents.

Fishing

Trout fishing is from 8 a.m. to noon Dec. 3 at a local fish farm. Interested people must sign up at outdoor recreation by Wednesday. For more information, call Ext. 8623.

Dodgeball

The Dragon Fitness Center, along with the 31st Security Forces Squadron, is hosting a Project CHEER Dodgeball Tournament Dec. 3. The cost is \$20. Prizes and trophies will be given out. Interested participants may sign up by Thursday at the Dragon Fitness Center.

Bike ride

A local mountain bike ride is 10 a.m. Dec. 17 beginning at the community center parking lot. People interested in the event must sign up at outdoor recreation by Dec. 12.

Ski and snowboard

Outdoor recreation is taking ski and snowboard lesson sign-ups until Dec. 9. Lessons begin in late December at Piancavallo. Sign-ups are on a first come, first served basis. For more information, call Ext. 8623.

Equipment rental: Outdoor recreation offers winter equipment rentals. Call Ext. 8623.

Intramural Basketball standings

Team	Won	Lost	Team	Won	Lost
31 CS	2	0	31 CES	0	1
31 SFS	2	0	CPTS/SVS	0	1
31 MXS	1	0	31 LRS	0	1
MOS	1	0	Bravo Co.	0	1
603 ACS (B team)	1	0	724 AMS	0	1
31 MXS (Ammo)	1	1	603 ACS	0	1
31 MDG (A team)	1	1	AMDS (MDG B)	0	1

Airmen still making the choice to serve

By Lt. Col. Steve Matson

96th Expeditionary Bomb Squadron
commander

From the onset of the Eisenhower presidency in 1953, through 1992, the U.S. military intervened in world events some 51 times. From 1992 through 2000, it had an additional 51 interventions.

Notably, throughout the 1990s, U.S. forces were involved in peacekeeping, peace enforcement, humanitarian relief and extended low-intensity operations -- in addition to war-fighting duties.

The expansion in responsibilities around the world has resulted in an approximate 400 percent increase in U.S. security commitments, while our armed services have concurrently downsized by approximately 40 percent.

Quite simply, we really are doing more with less.

With this change in responsibilities and increased operations, it would be easy to explain how numbers of new Airmen are declining. But it is just the opposite. People are still choosing to serve -- and

choosing to serve in record numbers.

Our military is made up of people from many different parts of the globe with widely varying backgrounds. However, we all have one thing in common: We all made the choice to serve our great nation.

There are as many reasons to serve as the varied backgrounds of those who choose to serve. But the one commonality is we all made the choice. We made the choice to join the profession of arms.

The reason is not important. What's important is that you made the choice and you are serving with pride and honor.

Our nation has called on the military for involvement in more than 100 operations in the last 50 years. And it is Airmen like you that make that mission succeed.

Our Airmen place themselves in harm's way every day, faithfully defending our nation and our way of life.

Regardless of your reasoning -- whether it is a calling for patriotic duty, a family tradition, desire to learn a trade, or simply that it is the right thing to do -- you are the ones that answered the call of our nation.

Thank you for your choice to serve.

New to the Blue announcements

Congrats to these Aviano families on their newest additions!

Layne Thomas Clark was born Aug. 8 to Angela and Staff Sgt. Aaron Clark, 24th Quartermaster.

Johnathan Hoby Metcalf was born Aug. 12 to Michelle and Staff Sgt. Steven Metcalf, 31st Maintenance Squadron and sisters Justyne, 8, and Adriana, 5.

Trevor Carl Weichel was born Sept. 10 to Barbra and Capt. Marlin Weichel, 31st Medical Group.

Courtney Christine Berry was born Sept. 15 to Sara and Senior Airman Jason Berry, 31st Aircraft Maintenance Squadron and sister Molly Marie, 13 months.

Vittoria Adelina Schechtman was born Sept. 20 to Lindsey and Senior Airman Eric Schechtman, 31st Civil Engineer Squadron, and sister Madison Taylor, 18 months.

Elijah Chase Robinett was born Sept. 27 to April and Staff Sgt. Earl Robinett, 31st Security Forces Squadron and sister Ashley, 2.

Grady Clark Gidner was born Sept. 28



to LaTonya and Tech. Sgt. Travis Gidner, 31st Maintenance Squadron.

Madison Rose Frizalone was born Sept. 30 to Christine Frizalone, 31st Maintenance Squadron and Staff Sgt. Gregory Frizalone, 31st MXS.

Kera Lanette Auilez was born Oct. 13 to Tara and Airman 1st Class Matthew Auilez, 31st Maintenance Squadron.

Ethan Jacob Vaca was born Oct. 13 to Krissy and Airman 1st Class Timothy Vaca, 31st Aircraft Maintenance Squadron.

Gabrielle Desiree Fouliard was born Oct. 18 to Suzanne Fouliard, Bravo Company 5-158 AVN and Chief Warrant Officer Morgan Fouliard, Bravo Company 5-158 AVN and siblings Bailey, 13, and Devan, 2.

Langston Paul Stable was born Oct. 18 to Heather and Tech. Sgt. Bradley Stable, 31st Medical Group.

Jason Ray Zahm was born Oct. 19 to Erin and Senior Airman Andrew Zahm, 31st Maintenance Squadron.



The Cornerstone

An indispensable and fundamental basis

The Cornerstone Page is devoted to those who support junior enlisted, NCOs, CGOs and spouses. It's to share advice, ideas and opinions dealing with life in the Air Force and Aviano. It's also a forum to recognize those around us. The Cornerstone Page will also offer Air Force trivia and facts.

Submission info: We want to hear from you. Flex your writing talents and share your thoughts with us and the community.

Commentaries: Writers can send commentaries to vigileer@aviano.af.mil. Commentaries must be 500 to 700 words. Topics must be applicable to the Air Force, Aviano and appeal to the general public. For questions or concerns, call the Vigileer at Ext. 7344.

Kudos: Aviano members can send congratulatory messages to Vigileer@aviano.af.mil. Messages can be submitted for appreciation, retirements, awards, good service, promotions and graduations. For questions or concerns, call the Vigileer at Ext. 7344.

Deadline: The deadline for submitting information is close of business Thursday one week prior to publication. Faxed articles will not be accepted by the staff. The public affairs office is in Bldg. 1360, Room 19.